ABSTRACT OF THE DISCLOSURE

A mask is composed of a substrate, and a pattern having a transmission factor formed on the substrate by using a material, wherein an optical path length difference between light beams respectively passing the pattern and an area adjacent thereto is greater than $(m - \frac{1}{8})\lambda$ and less than $(m + \frac{1}{8})\lambda$, where λ is a wavelength of incident light, and m is an integer.